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Fort Sam Houston - Home of Army Medicine

Sept. 8, 2005

Briefs . . .

Patriot Day, POW/MIA service

In honor of Patriot Day, observed Sunday, and Prisoner of War/Missing in Action Day, a memorial service will take place at the Main Post (Gift) Chapel Friday from 3:30 to 4:15 p.m., and a wreath presentation from 4:45 to 5 p.m. at the U.S. Army Garrison flagpole on Stanley Road.

Ammo supply point closure

The Fort Sam Houston Ammunition Supply Point will close Monday through Sept. 16 to conduct an inventory. For emergency requests, call Vanessa C. Alford at 221-1065 or 669-5173.

Hispanic Heritage celebration

Fort Sam Houston will celebrate Hispanic Heritage Month, which starts Sept. 15, with a festive event Sept. 22 from 11:30 a.m. to 1 p.m. at the Roadrunner Community Center. The event will feature Mexican food, Latin and salsa music, and dancing. The installation Equal Employment Opportunity Office will offer resume and Federal job search workshops. For more information, call 295-0561 or 221-9276.

AECP ceremony

There will be an Army Medical Department Enlisted Commissioning Program commissioning ceremony Sept. 16 at 9 a.m. at Blesse Auditorium. The program offers eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the active Army Nurse Corps. For more information, call Sgt. 1st Class Charles Bradshaw at (502) 626-0381.

AUSA luncheon

The Association of the U.S. Army will sponsor a luncheon Sept. 16 at 11:30 a.m. at the Sam Houston Club. The guest speaker will be Col. David A. Rubenstein, assistant surgeon general and deputy chief of staff for force sustainment. For ticket information, contact a unit command sergeant major.

Sexual assault conference

A sexual assault conference for sexual assault victim advocates, commanders and chaplains will take place Sept. 23 from 8 a.m. to 4 p.m. at the Roadrunner Community Center, Building 2797. The one-day conference will focus on victim support, and will include presentations from the staff judge advocate, sexual assault nurse examiner, Rape Crisis Center and the Criminal Investigation Command. Registration is required. For more information, call 221-0918 or 221-0349.

Pershing gate extends hours

The Pershing vehicle access control point, also known as Harry Wurzbach West, has extended its hours of operation. The gate is now open 5:30 a.m. to 7 p.m. weekdays.

Medics volunteer



Photo by Spc. Kasey Miller

Pfc. Nathan Sullivan, a Soldier medic from the 232nd Medical Battalion, records a patient's current medications during a medical assessment and screening of a Hurricane Katrina evacuee. More than 100 Soldier medics from the battalion provided volunteer assistance for relief efforts at KellyUSA over the weekend. Among their many volunteer tasks, the Soldiers conducted medical screening for more than 7,000 evacuees, administered more than 3,000 immunizations and assisted in food and water distribution. See related photos on Pages 16 and 17.

Fifth U.S. Army assists in relief efforts in hurricane's aftermath

By Master Sgt. C.S. Allbright Fifth U.S. Army Public Affairs Office

Fifth U.S. Army joined thousands of Defense Department personnel in relief efforts in the wake of Hurricane Katrina.

Even as the hurricane struck Aug. 29, Fifth Army established a lifeline in Louisiana, one of the 21 states within the unit's area of responsibility for training and mobilization.

Lt. Gen. Robert T. Clark, the Fifth Army commanding general, in response to a request from the Federal Emergency Management Agency, sent a defense coordinating officer into the area. Col. Anthony Daskevich, the commander of Headquarters, 4th Brigade, 75th Division (Training Support) at Fort Sill, Okla., established a forward element while the winds were still raging through the southeast.

The DCO is the military liaison with FEMA to coordinate military support in the event of a man-made or natural disaster. The military works with FEMA to reduce the loss of life, mitigate damage and provide life support.

Since the hurricane, Fifth Army has provided about 70 people directly on the scene and 100 more at its headquarters in Fort Sam Houston's historic quadrangle to help with the relief and recovery efforts.

The U.S. Army Northern Command in Colorado established Joint Task Force Katrina to support FEMA. The First U.S. Army took charge of the JTF, which has in its arsenal a myriad of military assets, and it operates out of Camp Shelby, Miss. Since the establishment of the JTF, Fifth Army supported efforts across the spectrum.

Most dramatically, Brig. Gen. Mark A. Graham, the newly installed Fifth U.S. Army deputy commanding general, and a handful from the unit, led the military contingent's portion in the evacuation of the Superdome. Soldiers from Fifth Army joined the Louisiana National Guard, the Air National Guard, Coast Guard and local officials in evacuating nearly 63,000 from New Orleans.

See FIFTH ARMY on Page 16

Blood tracker inventors earn 'Greatest Invention' award

By Elaine Wilson Fort Sam Houston Public Information Office

A team of Army inventors, including one from Fort Sam Houston, has created one of the Army's Greatest Inventions of the year by turning a pint-sized personal computer into an innovative blood-tracking device.

The device, called the Blood Information Program, is designed to track blood downrange from the moment of shipment to the point of transfusion or destruction, known as the final disposition. "It's a tool anyone can use in the field," said Maj. Kevin Belanger, 440th Blood Support Detachment commander at Fort Sam Houston and BIP functional consultant. "I think it will save the government a lot of money and greatly improve the current process for tracking blood in the military."

The military currently uses a laptop hooked up to a server, called the Theater-Defense Blood Standard System, to inventory and track blood; however, "this isn't practical in the field because it is complicated and you are restricted to a work station," Belanger said. "The Soldiers needed a reliable, portable device to make their job easier."

A clear solution, Belanger said, was to load software onto a device that could travel with the service member, an idea he thought up while watching a presentation on the Battlefield Medical Information System-Telemedicine device, a new portable point-of-care diagnostic tool for first responders.

Belanger, at the time with the Directorate of Combat and Doctrine Development at

See BLOOD TRACKER on Page 4

Hotlines up for reservists, families hit by hurricane

WASHINGTON, D. C. – Two hotlines are up and running for Guard and Reserve Soldiers and their families.

Families of deployed Army National Guard Soldiers affected by Hurricane Katrina are asked to call (888) 777-7731 so Guard members can be informed of their family's situation.

"There are four ways (for families) to connect with their service member: through the family assistance center, state family program director, wing family program coordinator or through the rear detachment of their unit," said Col. Anthony Baker, chief of the National Guard Bureau Family Programs.

Deployed service members can also

WASHINGTON, D. C. – Two hotlines call the hotline to contact their families.

"If a service member calls in and asks us to find their family, we'll call one or all of the services in that state and say, 'please connect, find the family and get back to us,' so we can let that service member know that they are all right," Baker said.

If deployed service members cannot call one of the toll-free numbers, they may be able to make contact online at www.army. mil/ako or www.guardfamily.org.

Along with helping Guard families and service members make contact, operators at the hotline can assist families in getting help and services from federal, state and local agencies.

Guard family members can also contact their nearest family program office by calling (800) 342-9647.

Army Reserve Soldiers and their family members affected by Hurricane Katrina also have a call center; people can call toll free at (877) 464-9330 or from a military phone DSN 367-9330. Operators will help deployed Army reservists determine the status and location of their families affected by Hurricane Katrina.

Additionally, families of deployed and mobilized Army reservists and Army Reserve civilians can go to the Army Reserve Family Programs Web site at http://www.arfp.org to provide their current contact information and for informa-

tion and links to agencies providing specific relief to those in need.

Army Reserve Soldiers and Army Reserve civilians who have been dislocated as a result of the hurricane should call the number, officials said, or log into the Web site to aid with accountability.

Military members or families in need of counseling can call Military OneSource at (800) 342-9647 for free counseling services.

Service members and their families affected by Hurricane Katrina and in need of financial assistance should call Army Emergency Relief toll free at (866) 878-6278

(Source: Army News Service)

Fort Sam Houston News Leader

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Army Medical Department
Center and School and
Fort Sam Houston Commander
Maj. Gen. George W. Weightman
Garrison Commander
Col. Wendy Martinson
Public Affairs Officer
Phillip Reidinger
Public Information Officer
Yolanda Hagberg
Editor/Writer
Elaine Wilson
Staff Writer
Shadi May

Layout Artist Lori Newman

Local Marine reservists return from duty in Iraq

Story and photos by Esther Garcia Fort Sam Houston Public Affairs

A detachment of nine Marine reservists from the 4th Reconnaissance Battalion at Fort Sam Houston returned home Friday after a ninemonth activation.

Family and friends of the Marines waited for their return with welcome-home posters at the Naval and Marine Corps Reserve Training Center on post.

"I am nervous, excited; I can't wait to see him," said Clarissa Bratton, wife of Sgt. George Bratton Jr., who will be seeing his 7-week-old baby for the first time.

The returning Marines augmented the 1st Force Reconnaissance Company from Camp Pendleton, Calif., along with Marines from D Company, 4th Reconnaissance Battalion from Albuquerque, N.M. They conducted various combat operations in Iraq in support of the nation's war on terrorism, to include conducting raids in areas known to be insurgent safe havens. They directly contributed to the capture of enemy combatants, some of whom were classified as high-value leaders. Their successful missions also disrupted enemy insurgent efforts at emplacing mines and improvised explosive devices along major coalition forces' supply routes.

"I feel relieved; now, I can sleep. I am pray-

ing for all the other troops to come home safe," said Janie Lopez, mother of Lance Cpl. David Alfaro, her only son, when asked how she felt about her son coming home.

Staff Sgt. Rick Longoria, whose wife and friends were waiting for him, plans to go on leave, relax, decompress and go back to his civilian job as a diesel technician.

"It feels great; it is a little different and will take time getting used to be home. I am proud of what I did, as a whole unit, what we accomplished," said Longoria. His daughter, 8-year-old Victoria, said she wanted to "take him to my school to see my friends."

Lorenza Adame, grandmother of Sgt. Mark Obregon, could not stop crying when she saw her grandson. "She didn't know her grandson was in Iraq until a month ago," said Barbara Huerta, a family member. Because of her health, family members did not want her to worry.

Marines assigned to the 4th Reconnaissance Battalion specialize in being the eyes and ears of infantry ground combat commanders. They insert via air, sea and land, and operate primarily behind enemy lines, reporting enemy activity in their assigned areas.

San Antonio's Reserve Marines joined the more than 11,000 Reserve Marines currently on active duty worldwide in support of various operations



Marine Sgt. Mark Obregon comforts his grandmother, Lorenza Adame, who is overwhelmed at seeing her grandson.





(Left) Marine Sgt. George Bratton Jr. feeds his baby, George Bratton III, as his wife, Clarissa, and his father, George Bratton, look on. "I am surprised to see how big he is," said Bratton, as he fed his baby for the first time.

(Left) Janie Lopez hugs her only son, Lance Cpl. David Alfaro Jr., at the welcome-home ceremony for Marine reservists from the 4th Reconnaissance Battalion Friday at the Marine Navy Reserve Center at Fort Sam Houston.

(Right) Friends join Gina Longoria and her daughter, Victoria, to welcome home Marine Staff Sgt. Rick Longoria from his tour in Iraq.



Guard families have access to free legal counsel

By Master Sgt. Bob Haskell National Guard Bureau

ARLINGTON, Va. – Members of the National Guard mobilized for federal duty, along with their families, can get free counsel at any active duty military installation that has a legal assistance office, according to Air National Guard Maj. Tom Serrano, a lawyer at the National Guard Bureau

The service is especially important for the families of mobilized Guard members who may have to deal with legal issues in the wake of one of this country's most historic natural disasters.

"National Guard families are entitled to legal assistance," Serrano said. "They can

contact the legal assistance office on an active duty base for many kinds of legal assistance they may need."

An Army Guard family can even turn to the Navy for help, he said. There are several active duty installations in the region stricken by Katrina that can offer this free legal help. Legal assistance links can be found through each service's family assistance Web sites.

Neither Guard members who have been placed on state active duty nor their families qualify for free legal assistance, Serrano said.

Serrano offered a tip to National Guard families who are faced with putting their lives back together: It is never too late to obtain a power of attorney. That is particularly important for the spouses of deployed service members.

Guard members can get powers of attorney from military lawyers in their areas of operation and mail them home. Serrano acknowledged that the hurricane and subsequent flooding could pose some challenges as far as getting the legal document into the right hands.

But, he stressed that powers of attorney can be obtained at any time. He also explained that the circumstances of the storm do not warrant special considerations. In other words, the hurricane and flooding may not guarantee a higher priority, but the process can still be completed in a timely manner if people can work out the logistical details.

Serrano also offered advice for people piecing their lives back together: Do not take unnecessary chances to get your life back to normal. Do not give people money simply because they promise to repair your roof or remove that uprooted tree from your living room. You may never see them, or your money, again, said Serrano, who assisted military families in Florida in the wake of Hurricane

People should ensure workers are legally bonded, have a certificate of insurance, can prove who they are and who they represent before doing business with them, Serrano advised.

To obtain legal assistance on Fort Sam Houston, call 221-2353.

Gift of life

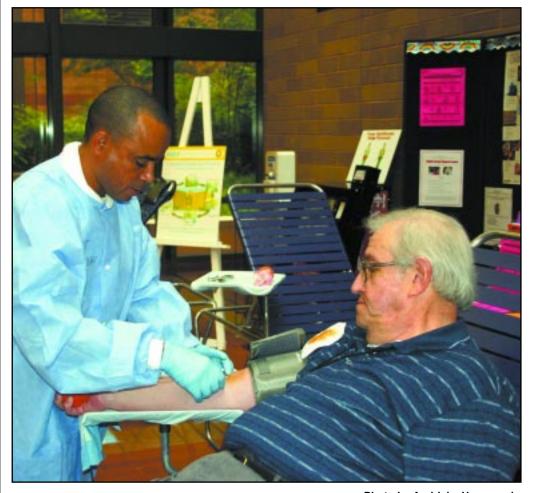


Photo by Andricka Hammonds

Sgt. Nelson Mambru, a technician from the Akeroyd Blood Donor Center, takes a blood donation from Daniel Rosenthal Wednesday at a blood drive at Brooke Army Medical Center. The donor center has a particular need for AB and O negative blood, and there is always a need for O positive. However, all blood types are welcome to help Soldiers supporting the Global War on Terrorism. The center also seeks apheresis donors, which is a platelet donation. To donate, people can stop by the center between 7:30 a.m. and 3 p.m., or make an appointment by calling 295-4655 or 295-4989.

Pre-gas ID check

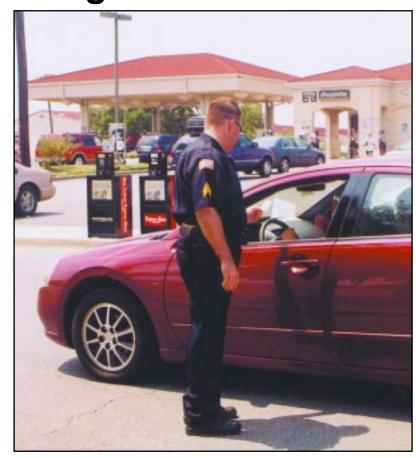


Photo by Phil Reidinger

Department of Army Policeman Richard Lochhead was one of several post Department of Emergency Services staff members on duty this weekend at the Walters and Schofield Army and Air Force Exchange Service gas stations. The police officers controlled traffic in and out of the facilities to prevent accidents and control traffic congestion due to the large volume of cars entering and exiting the gas stations. The police officers also checked to make sure that only authorized Department of Defense beneficiaries used the facilities. Random checks of customers are still being conducted.

Blood tracker

Continued from Page 1

Fort Sam Houston, brought his idea to the Telemedicine and Advanced Technology Research Center's mobile computing division at Fort Detrick, Md. TATRC is part of the U.S. Army Medical Research and Materiel Command.

With Belanger's input, TATRC developed a user-friendly, blood-tracking software program and loaded it onto an off-the-shelf handheld PC.

"We designed the BIP for field use only," said Tommy Morris, TATRC director of mobile computing and BIP project manager. "The device fits into the Soldier's cargo pocket and can be used at the job site, sleeping quarters, mess hall or wherever the Soldier travels."

Although small in stature, the BIP is not limited in capability.

"BIP gives medical providers an all-inone tool that will improve patient care and record keeping," said Morris, a former Army medic.

The device is first used when a shipment of blood arrives downrange. The recipient, whether a blood support detachment, forward surgical team or combat support hospital, gathers vital data with a swipe of a mini-scanner, which is hooked to the BIP. When a technician scans a blood bag's barcodes, the unit number, blood type, expiration date and product code are automatically added to a database chip in the PC. Each day, an inventory can be printed for a daily report.

Later, when a hospital calls for blood, the lab technicians can simply scan the blood out before it ships.

"Using BIP, a Soldier can tap out a blood request in 15 seconds, instead of the three to five minutes it once took using pen and paper," Morris said.

When the blood reaches the hospital, the laboratory staff can use the device to track the final disposition, after transfusing



Photo by Elaine Wilson

Maj. Kevin Belanger, 440th Blood Support Detachment commander at Fort Sam Houston, demonstrates use of the Blood Information Program, a new handheld blood-tracking device he helped invent. The BIP was recently named one of the Army's Greatest Inventions of the year.

or destroying the blood. This final step closes the loop in the blood-tracking

"Tracking final disposition is vital," Belanger said. "If a service member gets hepatitis or AIDS 10 years from now, we need to be able to track the blood and find out where the blood originated and when and where the transfusion occurred.

"The diagnosis data for transfusion has not been fully captured since the Vietnam War," Belanger added. "This data will enable us to make future decisions based on facts."

After a field test in Korea, Belanger sent the system to the field for the first time with a four-man detachment blood team who left for Afghanistan in March. The current system, TDBSS, takes about a

week to learn; however, it only took Belanger about an hour to bring the Soldiers up to speed on the new device.

"After arriving in Afghanistan, the TDBSS system had already crashed," said 2nd Lt. Lionel Lowery, a theater blood operations officer deployed to Bagram Air Base, Afghanistan. "We immediately employed the BIP and scanned in the entire inventory. Blood products are temperature sensitive so time, and efficiency, are of the essence." In other words, the quicker the blood is scanned into the inventory, the quicker it can be stored in refrigerated units.

"We have had a great deal of success with the system and are looking forward to the next software version," Lowery said.

With the recent success downrange, the

Army is purchasing equipment for 20 more units for field use, and Belanger and his co-workers from the 440th BSD are starting to teach students in the Army Medical Department Center and School's Medical Laboratory Course to use the device. Additionally, Belanger recently met with Air Force and Navy leaders to share the invention.

"They were excited because it's inexpensive and easy to set up," Belanger said. Because the software was developed "in house," the only cost involved is for the pocket PCs and scanners.

The eventual outcome, Belanger hopes, is for the BIP to be distributed to blood units and forward medical units

Department of Defense-wide.

"The device is filling a formerly complicated and sometimes unfilled gap in military blood-tracking procedures," Belanger said. "The vision is to have this device placed with every forward medical unit in the military that transfuses blood and blood products."

Morris said he also foresees a widespread use in the civilian sector as well. "It can be used by all levels of military and civilian health care providers, as well as public health, insurance companies and emergency responders," he said. "We're estimating thousands of first generation units will be in use over the next few years'."

Along with Morris and Belanger, John Pajak, Frank Havlik, Mike Vandre and Renee Clerici, all from TATRC, were on the team of inventors.

The Army developed the annual Greatest Inventions program to recognize the Army's best new technology solutions impacting Soldiers, and inventions are chosen based upon their impact on Army capabilities, inventiveness and potential benefit outside the Army. The invention will now progress to compete in additional civilian and military awards.

Post Pulse: How has the gas price increase affected your driving habits?



"I was going to drive to see my husband in Missouri, but I cancelled my trip. Gas prices are too high."

> Staff Sgt. Mary Hartshorn



"It's not affecting me. I get paid well and still plan to go to Sea World every weekend."

Staff Sgt.
Anthony Ketch



"I'm driving a lot less and thinking about what I have to do and where I'm going." Arlene Moore



"I'm trying to cut down by 50 percent. I'm doing more than one errand in each trip to save gas."

Retired Col. Robert Schero

Industry-wide gasoline shortages hit some AAFES stations

DALLAS – The closure of refineries and offshore oil platforms as well as oil pipeline failures in Southeastern United States are impacting fuel availability at Army and Air Force Exchange Service gas stations.

Citing the destruction left by Hurricane Katrina, many AAFES suppliers have given notification of "out of gas" situations at terminals around the country. As a result, there have been sporadic gas shortages at AAFES stations in the southern and eastern parts of the United States.

"Unfortunately, AAFES is not immune from the market forces affecting the industry," said AAFES' Chief of Corporate Communications Lt. Col. Debra Pressley. "AAFES is continuing to monitor the situation as it develops."

AAFES officials stress that the shortage should not be viewed as a limited regional issue. According to the Oil Express, the industries' information paper, the situation is a national matter involving at least 40 states where product shortages may soon arise.

AAFES facilities have been advised to order only those gallons actually needed during this time of short supply.

As is the case with the entire petroleum industry, AAFES does not have a get-well time frame for reliable gasoline supplies until the industry damage in Florida, Louisiana and Mississippi can be assessed.

AAFES operates 249 gas stations worldwide, including 177 locations in the continental United States. (Source: AAFES News Release)

Stretch dollars, gas mileage with conservation tips

By Elaine Wilson

Fort Sam Houston Public Information Office

With a doubling in gas prices in the course of a week, Americans are facing long lines at gas stations and thinning wallets as they pay up to \$7 per gallon in some parts of the country.

While government officials in Washington work to find quick solutions, Americans can take steps today to ease the crisis closer to home.

Here are a few gas conservation tips to help stretch dollars and gas mileage:

Driving

- Avoid rapid acceleration; most horsepower is built into cars for acceleration so relatively little power (and thus fuel) is required to maintain speed.
- Avoid hard braking and sudden stops. Stay alert and anticipate traffic lights, stop signs and merges. Traffic will move more smoothly, which saves fuel for everyone.
- When starting out, shift up to the next gear (manual transmission) as soon as possible without straining the engine.
- Drive more slowly. One study reported that, for all vehicles tested, there was at least 20 percent loss in fuel economy as cruising speed was increased from 55 to 75 mph.
- Remove extra weight from the car; 100 extra pounds may cost 1 mpg. Pack lightly for trips.
- Use cruise control on highway trips.
- For any stop you expect to last more than a minute, shut off your engine rather than letting it idle.
- Reduce the use of your air conditioner at low driving

speeds. When driving over 40 mph, using the air conditioner costs less fuel than opening windows.

Fuel and maintenance

- Replace air and fuel filters regularly; change air filter more often if driving in dusty conditions. Replacing a clogged air filter can improve your car's gas mileage by as much as 10 percent.
- Keep engine properly tuned.
- Keep tires properly inflated and wheels aligned. You can improve your gas mileage by around 3.3 percent by keeping your tires inflated to the proper pressure.
- Do not use mid-grade or premium grade gasoline unless specified for your vehicle. Older vehicles may require these grades to avoid "knock" which reduces power and may damage the engine.
- Do not overfill the tank.
- Determine gasoline mileage periodically. Declining mileage can be an early indicator of mechanical problems or a need for servicing.
- Store emergency fuel supply or fuel for gasoline-fueled power equipment in sealed, airtight containers; it will still be usable in another season.

For more information about gas conservation, visit the U.S. Department of Energy and Environmental Protection Agency Web site at http://www.fueleconomy.gov/.

(Sources: New Hampshire Office of Energy and Planning at http://www.nh.gov/oep/programs/energy/conservation_gas.htm and the U.S. Department of Energy and Environmental Protection Agency Web site at http://www.fueleconomy.gov/)

AAFES waives interest, suspends payments for displaced cardholders

DALLAS – The Army and Air Force Exchange Service is waiving interest and suspending monthly payment requirements to Exchange Credit Program cardholders displaced by Hurricane Katrina.

"According to our records, there are approximately 15,000 accounts impacted in undeliverable ZIP codes," said Grant Morris, AAFES treasurer. "No interest will be charged; and no payments will be due for an undetermined period of time. The interest rate and payment exclusion will also apply to new purchases for an extended time period."

AAFES determined eligibility by matching accounts to the U.S. Postal Service's listing of impacted ZIP codes. Affected areas in Alabama, Louisiana and Mississippi include:

- 365XX-366XX Mobile, Ala.
- 369XX-393XX Meridan, Miss.
- 394XX Hattiesburg, Miss.
- 395XX Gulfport, Miss.
- 396XX McComb, Miss.
- 700XX-701XX New Orleans
- 703XX Houma, La.
- 704XX Mandeville, La.

ZIP code ranges by city and state.

To update contact information, Exchange Credit Program cardholders displaced by Hurricane Katrina can stop by the nearest Exchange, or call customer service at (877) 991-7827, or visit www.aafes.com. Locally, people can call the Fort Sam Houston Post Exchange at 225-5566.

(Source: AAFES News Release)

Bicycle donation gives wounded new goals

By Andricka Hammonds Brooke Army Medical Center Public Affairs

Wounded warriors recovering from limb-loss at Brooke Army Medical Center may soon be pedaling around the community as part of their recovery process thanks to an Aug. 30 donation.

San Antonio law firm Tinsman, Scott & Sciano donated 15 top-quality bikes to Blaze Sports and Clubs of America to aid BAMC amputees in recovery.

U.S. Paralympic Sports Military program, Blaze Sports and Clubs of San Antonio, San Antonio Parks and Recreation, Warm Springs Sports South Texas Veterans Health Care System and Operation Comfort partner to offer hand cycling and bicycling classes every Tuesday at Brooke Army Medical Center for interested wounded warriors.

Representatives from Bike World spent the morning fitting various cycles for warrior participants. Like many amputee Soldiers, Air Force Staff Sgt. Christopher Ramakka was riding a bike for the first time since his injury.

"I think it's great someone is doing this for us," said Ramakka. "It's nice to be on a bike again; it's one more thing I know I can still do."

Looking to the future and seeing that life can be normal, but different, was a theme of the biking activity. Service members maintained a positive attitude looking at riding a bike as a sure step toward recovery.

"We set limitations on ourselves when we are wounded," said Spc. James Tidwell, amputee patient wounded in the Global War on Terrorism. "Beating limitations feels a lot better than sitting around setting them."

Daniel Sciano, local lawyer, said that donating the bikes was a way for him to say thank you and give back to the community. "They (injured Soldiers) go through disappointments and anxiety everyday that comes with having a life-altering injury. If they can have five minutes of joy; it makes it all worth it."

Thomas McKenzie, local lawyer and avid cyclist, connected Sciano with the BAMC wounded warriors. McKenzie said he feels passionately about helping people who sustain life-altering injuries and raising awareness about military service members.

"I ride my bike past BAMC all the time and I feel that we are only helping 15 people," McKenzie said. "There are thousands of people who are injured. This is a way to say thanks,



Photo by Mike Dulevitz

Spc. Domingo Soto-Santana (left) and Sgt. Moses Sonera ride for the first time since their injury. Soto-Santana rides a bicycle while Sonera is trying out the hand-cycle. Both were injured in the Global War on Terrorism and are being treated at Brooke Army Medical Center.

and a way to help make their life better."

That care is what Sgt. Moses Sonera, BAMC amputee patient injured in the Global War on Terrorism, appreciates.

"It's nice to know people worry about us and we're not forgotten," he said. "It makes me feel like more than a number."

This is the beginning of many more bicycling and hand-cycling activities. The 16th Annual HEB Bike to the Beach MS 150 Tour Oct. 1 to 2 is a culminating event for Soldiers to work toward participating.

This bike ride, which spans from San Antonio to Corpus Christi, benefits the National Multiple Sclerosis Society, Lone Star Chapter. Although Soldiers are not advised to ride the entire length of the tour due to medical concerns, some will certainly participate to complete a portion of the trail. Completing the entire trail is definitely a long-term goal of many of the Soldiers.

"I'm planning on doing the MS 150. This activity is a big help and a great start," said Staff Sgt. Daniel Regan, amputee Soldier injured in the Global War on Terrorism.

Bike World will return to Fort Sam Houston Sept. 20 to complete the fitting process for the Soldiers and their bikes. For more information on the MS 150, visit www.biketothebeach.ms150.org.

Fort Sam Houston community begins another year of mentoring

Story and photo by Shadi May Fort Sam Houston Public Information Office

The post-wide mentoring campaign started Aug. 31 during a luncheon sponsored by the installation chaplain's office. More than 60 current mentors, prospects and school representatives attended to exchange information.

The mentoring program is an opportunity for the Fort Sam Houston community – military or civilian – to volunteer one hour a week to serve as mentors to students who are in at-risk academic and social situations.

"We need a lot of mentors as there are many schools with young boys, specifically, who could use someone for guidance," said Brian Merry, director of Catholic Religious Education, Fort Sam Houston Mentor Program.

The mentor program has been in place at Fort Sam Houston for 15 years, and mentors have worked closely with on-post and area schools' students.

"The Fort Sam community is so committed," said Nancy L. Nasif, San Antonio Independent School District governmental relations coordinator. "They have done this for years and are very dependable. Mentoring is very important because today's children are our future. When adults or organizations want to help, it's good for children because it can

sometimes make a difference in a child graduating or not."

The mentor program's goal is to reduce the school drop-out rate by providing positive role models for students and promoting values and encouraging success.

"My church is on the east side, and I watch some of the kids and know these children need help. I just want to make a better place for our tomorrow," said Phyllis Bergen, a Fort Sam Houston mentor for more than 14 years and an education technician for Army Medical Department Center and School.

The area schools aren't the only ones benefiting from these mentors' guidance and dedication. The Fort Sam Houston schools also gain positive effects.

"It's nice for the kids to see another adult who cares for them," said Dr. Roland Rios, Robert G. Cole Jr./Sr. High School principal. "Their social skills and behavior along with their academics abilities improve, and we see fewer behavioral problems."

The installation has more than 180 active mentors, but "We always have room for more mentors, so spread the word," said Chaplain (Col.) Gilley Richardson, installation chaplain, during his luncheon address.

The program offers various opportunities to both the military and civilian population.

"Working with teenagers is an

aspiration, and this is how I give back to the community," said Maj. Jennifer Hines, 264th Medical Battalion, a fourth-year mentor.

"I just love kids," said Master Sgt. Jacqueline Hamilton, Great Plains Region Medical Command operations NCO and the John J. Pershing Elementary School 2004 Mentor of the Year. "I talk to them and give them guidance. I have many nieces and nephews, so I know some of the things the children need help with."

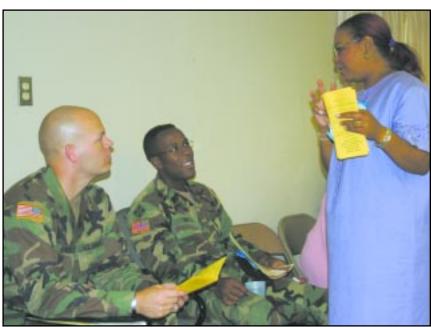
Hamilton advises her peers to, "Be a mentor because it's rewarding.

The children respect your uniform, and what you do, and it means a lot to them that you take the time out to come see them."

Some of the mentors take part in this program because they know first hand what it's like to be young and in need of guidance.

"I grew up in a rough area, and I know what it's like, so having someone in uniform to look up to is important," said Sgt. 1st Class Isaac Day, Brooke Army Medical Center Equal Employment Opportunity office.

Word of mouth and encouragement from those already



First Lt. Michael Lamphier (left), Brooke Army Medical Center assistant Judge Advocate General, and Sgt. 1st Class Isaac Day, BAMC Equal Employment Opportunity office, discuss mentoring opportunities with Carla Walker, home support liaison office at Phillis Wheatley Middle School.

involved can make a difference in the number of mentors Fort Sam Houston can offer the area schools. Day brought along one of his colleagues from BAMC to the chaplain's open house.

"I have mentored in the past and have children myself," said 1st Lt. Michael Lamphier, BAMC assistant Judge Advocate General. "It's nice to go out with the kids, some of whom don't have a positive role model in their lives. It would be great if I can make a difference in someone's life."

All government employees, retirees and family members may volunteer to serve as mentors. A supervisor's consent is required to release the mentors for one hour a week.

For more information about the Fort Sam Houston Community Mentor Program, visit the installation chaplain's office Web site at http://www.cs.amedd.army.mil/chaplain/mentor.aspx or call Brian Merry at 221-5005 or e-mail at brain.merry@samhouston.army.mil.



Courtesy photo

Sgt. Antwon Williams, a radio retransmission operator from Camp Bullis, answers questions during a back-to-school event at Bowie High School in Austin, Texas.

Recruiters, Stryker crew go 'back to school'

By Lauren Hall San Antonio Recruiting Battalion

Students and faculty at Bowie High School in Austin, Texas, gave a warm welcome to San Antonio recruiters and Soldiers from E Company, 264th Medical Battalion, at their back-to-school event.

As some students reunited with their friends, others checked out the Stryker vehicle on display. Sgt. Laurence Histia, generator mechanic, and Sgt. Antwon Williams, radio retransmission operator, from Camp Bullis were on hand to answer questions.

Brave students and adventurous parents put themselves to the test by climbing a rock wall provided by the recruiters. Recruiters from Austin South Recruiting Station, with help from future Soldier, T.J. Kopp, ensured that they were securely belted before taking the challenge to the top of the 40-foot-high wall.

The Army displays, including an Apache helicopter from Fort Hood, Texas, were the highlight of the evening, drawing students, teachers and parents in to get a closer look at today's Army.

"I can't wait to jump out of airplanes and drop off supplies to other Soldiers in Iraq," said 17year-old senior Samantha Wheeler, a future airborne supplies specialist.

"This event has been a very positive experience for us and for the students," said recruiter Staff Sgt. Dina Sharp. "The school has opened its doors for us to participate in more events in the future."

Events like this, with the help of Soldiers from Fort Sam Houston, Camp Bullis and Fort Hood, help open doors for recruiters.

Web special spotlights end of WWII, post-war Japan

By Gary Sheftick Army News Service

WASHINGTON, D.C. — The Army has launched a special online presentation, focusing on its role in post-war Japan, in time for the 60th anniversary of the end of World War II.

Sept. 2, 1945, Gen. Douglas MacArthur accepted the Japanese surrender and signed documents aboard the USS Missouri in Tokyo Bay, officially ending the war.

The online presentation highlights the last year of the war in the Pacific and the ensuing seven-year occupation of Japan with a series of video vignettes.

The entire presentation lasts about 20 minutes, said Robbie Thompson, a multimedia producer who led the Army Web team in the project. He said about seven hours of archival film

- much of it from the U.S. Army Signal Corps— along with about 1,000 still photos, were
- along with about 1,000 still photos, were searched through at the National Archives to distill the final product.

U.S. Army Center for Military History's Gary Trogdon and archivist Eric S. Van Slander, from the U.S. National Archives and Records Administration, served as content consultants for the project, Thompson said.

The site focuses on the "call to duty" of U.S. Soldiers in Japan who faced a foreign culture, language barriers and other obstacles as they worked to support the emergence of democracy in Japan, Thompson said.

"It's just such a fascinating piece of history," Thompson said.

Edward Drea, a retired historian from the Center of Military History, narrates the videos in the presentation. After military service in Japan and Vietnam, Drea received his master's degree in international relations from Sophia University in Tokyo, Japan, and his doctorate in Modern Japanese History from the University of Kansas.

The production of this online presentation was a team effort, Thompson said, which included the design and development talents of Samantha Warren, Eric Lohman and Ben Sterling from the Army Web team.

To view the presentation, visit www.army.mil/postwarjapan.

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Military joins community to celebrate 100th anniversary of city fair, parade

Story and photos by Esther Garcia Fort Sam Houston Public Affairs Office

Fort Sam Houston helped Kendall County celebrate the 100th Annual Kendall County Fair and Parade in Boerne, Texas, Saturday.

The Army Medical Command Band, the 187th Medical Battalion marching unit and Fort Sam Houston ambassadors riding the military float were welcomed by cheers from the crowd as they passed by.

"We had approximately 4,000 people come to watch the parade," said Jay Gilmore, parade coordinator.

The 150 entries included City of Boerne police and fire trucks, more than 70 floats, children on bikes, bands and a gigantic 100th anniversary cake. Entries came from as far away as Freer and

Stonewall, Texas. The traditional parade also included candy treats for the children along the parade route.

"We have the parade for the community and for local merchants," said Gilmore. "But really it



Sgt. Christopher Lawrence, drum major, marches the Army Medical Command Band down Main Street in Boerne, Texas, during the annual Kendall County Fair and Parade Saturday.

is just to give back to the community, to relieve stress and meet and greet. But of course, we couldn't do it without the support of the military. As the military supports our nation, they also support us."



Drill Sgts. Floyd Graham (left) and John Berry call cadence as they lead initial entry students assigned to the 187th Medical Battalion at the 100th Annual Kendall County Fair and Parade Saturday in Boerne, Texas.



Joining Fort Sam Houston military ambassador Staff Sgt. Bryan Arbic (fourth from left) at the annual Kendall County Parade in Boerne are (from left) Air Force military ambassadors 1st Lt. Grant Hosmer, Randolph Air Force Base; Staff Sgt. Simon Mace, Air Intelligence Agency at Lackland Air Force Base; Staff Sgt. Angelica Broner, Brooks CityBase; and Tech Sgt. James Dill, Lackland AFB.

Ethics training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units will take place Wednesday and Sept. 26 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour. The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

Heritage month will recognize Hispanics' contributions

By Master Sgt. Bonalyn Harris Installation Equal Opportunity Office

The truth of the matter about Hispanics is that they do not all share the same culture or history. Hispanics have many different origins and nationalities.

The Hispanic population comes from Spain, South America, Central America, Mexico and the Caribbean, places such as Argentina, Colombia, Cuba, El Salvador and Honduras, to name a few. These locations range from jungle to desert, and coastal to mountain settings.

National Hispanic Heritage Month is a national recognition of the culture, contributions and heritage of Hispanic Americans. Public Law 90-498, approved Sept. 17, 1968, by the 90th Congress, first established the national observance. That law

authorized the President to proclaim National Hispanic Heritage Week each year. On Aug. 17, 1988, the 100th Congress enacted Public Law 100-402, which extended the observance from a week to a month.

The annual observance is now a 31-day period beginning Sept. 15 and ending Oct. 15. The period covers a wide range of independence days for Latin American countries as Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua celebrate their independence Sept. 15. Mexico celebrates its independence Sept. 16, Chile Sept. 18 and Belize Sept. 21. El Día de la Raza (Columbus Day) is observed Oct. 12.

There have been significant contributions in politics, medicine and business, to include the Congressional Medal of Honor recipients. In 1959, Severo Ochoa, from Spain, was awarded the Nobel Prize in medicine and physiology. In 1985, Xavier Suarez became the first Cuban-American mayor of Miami while in 1992, Nydia Velazquez became the first Puerto Rican woman to serve in the House of Representatives.

Notable Hispanics who have enjoyed successful careers as entertainers include Raquel Welch, Erik Estrada, Ricardo Montalban and Anthony Quinn.

Fort Sam Houston will celebrate Hispanic Heritage Month Sept. 22 at the Roadrunner from 11:30 a.m. to 1 p.m. The event will include Mexican food, professional Latin and salsa dancing and music. There will also be a resume and federal job workshop. For more information, call 295-0561 or 221-9276.

Geronimo at Fort Sam Houston

This Saturday marks the 119th anniversary of the arrival of Geronimo at Fort Sam Houston.

On Sept. 4, 1886, after a long, grueling campaign across New Mexico, Arizona and Mexico, Geronimo surrendered to Gen. Nelson Miles in Arizona and was ordered to be sent to Florida as a prisoner of war. He and 32 other Apaches departed Arizona by train Sept. 8 under the conditions of their surrender. Citizens of Arizona were outraged and demanded Geronimo be returned to stand trial for murder and other crimes committed after his escape from the reservation.

President Grover Cleveland initially wanted to turn Geronimo over to the civil authorities, but Miles insisted that the Apaches be treated as prisoners of war. Cleveland ordered the train halted at the nearest military post until he could settle the issue. The train stopped in San Antonio Sept. 10, and the Apaches were brought to the Quadrangle and were housed in Army tents. They were kept there because the guardhouse, on what is now called the Infantry Post, was not completed.

Geronimo was the subject of much commentary in the San Antonio newspapers. He was described as "approximately 50 years of age, about 5 feet and 8 inches tall and 9,000 feet in meanness; his face is bare of beard and seamed, and furrowed like the side of his own mountains; his hair is long, lank and jet black ...

his legs are bowed by their long grip on a saddle, and when he stands erect, his shoulders droop forward slightly."

Geronimo's adversary described him as "one of the brightest, most resolute, determined looking men that I have ever encountered. He had the clearest, darkest, eyes I think I have ever seen, unless it was that of Gen. Sherman ... just at the end of the great war."

The San Antonio Light complained, "That this scalp-taker, thieving, bloodthirsty murderous Geronimo and his band might be the recipient of fruits and flowers, be tendered the hospitalities at military headquarters as guests, and be made to feel in his savage old soul that he deserved well of the government whose citizens he had murdered in cold blood?"

On Oct. 19, 1886, the Secretary of War announced that the government would honor the terms of the surrender to Miles and that Geronimo and the male Apaches would be sent to Fort Pickens, Fla.; the women and children were to be sent to Fort Marion. They left San Antonio Oct. 22. After two years at Fort Pickens, Geronimo and his group were transferred to Mount Vernon Barracks, Ala. In 1894, they were transferred to Fort Sill, Okla. Geronimo died there in 1909.

(Source: Fort Sam Houston Museum)

Have you heard the one about Geronimo jumping from the clock tower?

One of the tales often heard at Fort Sam Houston is that during his stay in the Quadrangle, Geronimo jumped from the clock tower, and this is why paratroopers yell "geronimo" when they make a jump.

If Geronimo jumped from the observation platform in the tower, he would have traveled 60 feet before hitting the ground. Due to the gravity, he would have hit the ground at about 42 miles per hour. Could he have survived?

Recently on the Discovery Channel, the Mythbusters examined the true story of a workman who fell off of a 60-foot high building but survived because he improvised a parachute from a sheet of plywood and floated safely to the ground. The Mythbusters launched their human substitute mannequin, Buster, from a height of 60 feet with a variety of improvised parachutes — a sheet of plywood, an umbrella, a beach umbrella and a cape. In each case, Buster sustained what were determined to be fatal or near fatal injuries.

Geronimo is alleged to have jumped from a similar height without any form of improvised parachute. Could he have survived?

(Source: Fort Sam Houston Museum)



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SPORTS

BAMC Soldier serves as physical therapist, football coach

By Andricka Hammonds

Brooke Army Medical Center Public Affairs

A Brooke Army Medical Center Soldier is dedicated to helping others both on and off duty.

During the day, Staff Sgt. Robert Bates, NCO in charge of physical therapy at BAMC, works to help Soldiers recuperate from amputee injuries, pulled muscles and physical strains. At night, he volunteers at the Fort Sam Houston Youth Center where he coaches football for 7- and 8-year-olds.

Bates, a first-time coach, said he is glad that both he and the children are trying something new. As a result, he and the players can grow together as the season progresses.

"It's a lot of fun to watch the kids that have never played before. I like teaching them new things and helping them develop their new skills," said Bates. "It's amazing the change you see when a child succeeds at something for the first time."

Everyday Bates sees firsts. Bates is responsible for managing the Amputee Care Center at BAMC, where injured Soldiers work to walk, run and ride a bike again. Everyday, there is a phenomenal feat conquered in the Amputee Care Center, Bates said.

"At the end of my work day, I feel that I have done something important. I get to help, often times, severely injured patients regain their independence by overcoming physical limitations," said Bates.

"In this job, you can watch a patient go from severely injured to independent, capable and even athletic Soldiers. To be a part of that progress means a lot to me," he added.

Bates started coaching football two weeks before the 2005-2006 school year began. He saw coaching as a way to give back to the community and spend some quality time with his 7-year-old son, Justice Hobbs. Being a role model to his children and others is something he takes very seriously.

"Being in the military has nurtured my realization that I'm a role model at all

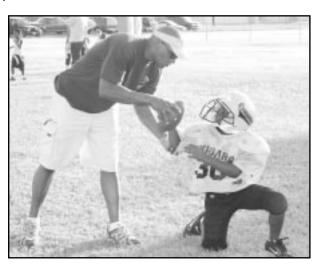
times," Bates said. "I want my children to see that I care about others and give back to the community."

Bates said that being in the Army is a lot like being a coach.

"The attributes of a Soldier include fighting for someone's freedom and helping those in need," said Bates. "Soldiers are always doing humanitarian acts, and I consider volunteering part of those acts. I'm just doing my part."

He sees volunteering as a chance to show others he cares and demonstrate a Soldier can wear many hats in addition to a beret. For example, in his spare time, Bates enjoys working on cars. He hopes to build a car from scratch one day.

"A lot of times, people only see me as a Soldier, and yes, proudly, that is what I am, but Soldiers have many dimensions," said Bates. "I think it's important that people understand that behind the uniform, there dwells a person with interests outside of the military. It makes for a well-rounded



Staff Sgt. Robert Bates shows Marquis Keno, 8, proper form when passing the football.

Soldier."

Bates explored many disciplines in the Army including patient administration, air defense artillery and dermatology before settling on physical therapy. He said he wanted a job that made him feel he accomplished something worthwhile everyday.

"When I go to work, I want to make sure I have done everything I can to facilitate someone overcoming their injury," said Bates.

He said his mission is to provide physical therapists and occupational therapists with the tools they need to do the best job possible.

Bates said he wants the children to learn discipline, teamwork and build friendships this year. He hopes, by the end of the season, that both he and the children will have learned a great deal about football and themselves.

Sports Briefs . . .

"Magic" Johnson in San Antonio

Former Los Angeles Laker and National Basketball Association great Earvin "Magic" Johnson and his team, Magic32 All-Stars, will hold an exhibition game against the Lackland Air Force Base All-Stars Friday at 7 p.m. at Bill Greehey Arena at St. Mary's University. The game is a salute to military members and their families for their dedication and service to the country. Magic will also be at the Lackland Base Exchange for the launch of Magic32, his new footwear and apparel line that is now available on all military bases. Free tickets to the game are limited and will be distributed at Lackland, Randolph and Fort Sam Houston exchange stores. The event is open to all Department of Defense ID cardholders and their families and not open to the general public. For more information, call 674-6465.

Fort Sam Houston Club Championship

The Fort Sam Houston Golf Club will sponsor its annual Club Championship Sept. 24 and 25. This 36-hole stroke play event is open to all golf club members, active duty military, their dependents and Department of Defense employees and contractors assigned to Fort Sam Houston. The event will be played on La Loma and the Salado Del Rio golf courses, with the starting time scheduled for 8 a.m. and shot-gun start on both days. Interested golfers can register in the Pro Shop from 7 a.m. to 7 p.m. daily until Sept. 21. The registration fee is \$60 for members and \$80 for nonmembers. This fee includes golf carts, green fees (if applicable), prizes and an awards banquet following the tournament.

Men's and women's basketball

Coaches and players are needed for the Fort Sam Houston men's and women's basketball teams. Tryouts for players are open until Friday. Coaches should send their resumes by Monday to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, TX, 78234. For more information, call 221-1180 or e-mail earl.young@samhouston.army.mil.

TROOP SALUTE

187th Medical Battalion



Officer of the Week

Name: 2nd Lt. Bryon Marsh

MOS: 70B, health services administration

Hometown: Atlanta, Ga. **Time in service:** 13 years

Future goals: To graduate Emory University with a master's degree in pub-

lic health

Reason for joining: Sept. 11 sparked my interest to return to the Army **Latest accomplishment:** Established a civilian disaster response plan for

the Republic of Georgia



Soldier of the Week

Name: Spc. Jared Mull

MOS: 91X, mental health specialists

Reason for joining: To serve my country in the field of mental health, obtain a master's in psychology and for the adventure

Short-term goals: Deploy in support of Operation Iraqi Freedom

Long-term goals: Obtain a master's degree in psychology

232nd Medical Battalion



Soldier of the Week

Name: Pvt. Miranda Holbrook

Unit: D Company

MOS: 91W, health care specialist Hometown: Williamsburg, Va. Time in service: One and a half years

Future goals: To become a teacher for the hearing impaired and a mother **Reason for joining:** I wanted the military experience and to serve my country.

The National Guard has given me many opportunities to excel in life.



Name: Pfc. Joseph Edwards

Unit: D Company

MOS: 91W, health care specialist Hometown: Greenbrier, Ark. Time in service: 17 months

Future goals: Get married in April 2006

Reason for enlisting: Protect and defend the constitution and provide a safe

place for my family and friends to live.



Blood is the fluid of life

The BAMC Blood Bank is running critically low on O Negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the donor center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Need an ID Card?

The ID Card Office, located in Building 367, accepts appointments from 12:45 to 3 p.m., Monday through Friday. Walk-in hours are from 7:15 to 10:30 a.m. and 12:45 to 2:30 p.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID card by appointment only at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.

Family housing projects are on track for timely completion

In March, Fort Sam Houston Family Housing, LP, a partnership between the Department of the Army and Lincoln Military Housing, started a 50-year project to maintain housing for Fort Sam Houston.

The Family Housing development division has implemented the first phase of the project — a five-year Initial Development Period plan.

To date, the following projects are completed or under way:

- Demolition of 121 homes in Harris Heights;
- Completion of exterior renovations on Staff Post 4, 5, 14 and 15;
- Completion of interior and exterior renovations

of Staff Post 7;

- Completion of interior and exterior renovations on Artillery Post 115, 177 and 184;
- Harris Heights has 58 homes under abatement or demolition;
- Interior and exterior renovations in progress for Artillery Post 114, 182 and 183; Infantry Post 631, 632 and 640; and 416 Dickman;
- Detached garages for homes without garages; and
- Porch replacements for selected historic homes. For more information, residents can visit the FSHFH Web site at www.samhoustonlpc.com, or call the housing office at 270-7638.

(Source: Residential Communities Initiative)

TRICARE benefits continue for beneficiaries affected by Hurricane Katrina

TRICARE Management Activity assures its beneficiaries and their families affected by Hurricane Katrina that their health care benefits will be maintained, and service and support will continue during this time of tragedy.

"We are aware that many of our active duty service members, retirees and their families have been displaced and may be ill or injured because of Hurricane Katrina," said Dr. William J. Winkenwerder Jr., assistant secretary of defense for Health Affairs. "We encourage beneficiaries to seek urgent or emergency care if needed wherever they are located. TRICARE will continue to take care of you."

Affected beneficiaries enrolled in TRI-CARE Standard, a fee-for-service option, may seek care from any TRICAREauthorized provider. Displaced beneficiaries enrolled in TRICARE Prime should call Humana Military Healthcare Services at (800) 444-5445 for more information or to find a provider in their area.

Another resource available to active duty members and their families includes Military OneSource at (800) 342-9647 or www.militaryonesource.com. The TRI-CARE Web site, www.tricare.osd.mil, also includes important information for

displaced or affected beneficiaries. Beneficiaries may also contact beneficiary counseling and assistance coordinators, debt collection assistance officers and family support representatives at local military installations. Beneficiaries who are unable to obtain assistance should call (800) DOD-CARES (363-22737).

(Source: TRICARE News Release)

BAMC Health Promotions September Class Schedule

Class	<u>Date</u>	<u>Time</u>	<u>Place</u>
Diabetes Management	Monday	12:45 to 4:30 p.m.	BAMC, nursing administration
	Tuesday		conference room (third floor)
Foot Care for Diabetics	Monday	1 to 2:30 p.m.	BAMC, Health Promotions (L31-9V)
Yoga	Wednesday	12 to 1 p.m.	BAMC, Occupational Therapy Clinic
Breast and GYN Cance Support Group	r Wednesday	9:30 to 11 a.m.	Roadrunner Community Center
Weight Management Winning Combinations	today	8 to 9:30 a.m.	BAMC, Health Promotions
Breast Feeding Support Group	Friday	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room

For more information, call Brooke Army Medical Center Health Promotions at 916-3352; to register for Diabetes Management, call 916-5000.

TRICARE ensures beneficiaries can access pharmacy benefit

TRICARE is committed to working with beneficiaries displaced and affected by Hurricane Katrina to ensure they receive their medications during this time of tragedy.

These beneficiaries can get early prescription refills if needed. The TRICARE Operation Center in San Antonio is staffed 24 hours a day, seven days a week, and is working with retail pharmacies to authorize these requests. Beneficiaries with questions about filling prescriptions or submitting claims for the retail pharmacy program can call Express Scripts Inc, the TRICARE pharmacy contractor, at (866) DOD-TRRX (363-8779).

Beneficiaries previously using the mail order pharmacy may request their prescriptions from retail pharmacies if they are unable to receive their prescriptions by mail. ESI will not ship any medications to ZIP codes the U.S. Postal Service has blocked. For those relocating to areas where postal service is still available, the mail order pharmacy contractor is updating patient information to include temporary mailing addresses so prescriptions will reach the beneficiaries at their new location. For more information about mail order pharmacy benefits, beneficiaries can call ESI at (866) DOD-TMOP (363-8667).

Additionally, through Wednesday, the Department of Defense will waive the pharmacy co-pay for beneficiaries unable to pay it. ESI is notifying more than 50,000 pharmacies in the retail network to contact the TRICARE Pharmacy Operations Center to process these requests. Beneficiaries can contact ESI with questions about this waiver.

(Source: TRICARE News Release)

Thousands of reservists purchase TRICARE Reserve Select

TRICARE Reserve Select coverage became available April 26 for certain current and past members of the National Guard and Reserve and their family members.

As of Friday, more than 3,000 eligible National Guard and Reserve members have enrolled in the new premium-based health plan offered for purchase by the Department of Defense for a total of more than 9,000 covered lives. Nearly 8,500 other members have taken steps to purchase TRS.

To qualify for TRS coverage, National Guard and Reserve members must have served on active duty for 90 days or more in support of a contingency operation on or after Sept. 11, 2001, and executed a service agreement with their reserve component to continue serving in the selected reserve. Monthly TRS premiums are \$75 for member-only coverage and \$233 for member and family coverage.

In the spring, DoD mailed a let-

ter and TRS fact sheet to eligible National Guard and Reserve members who separated on or before April 26. They have until Oct. 28 to execute their service agreement or give up the opportunity to purchase TRS coverage. Instructions for initiating a service agreement (DD Form 2895) are available on the Guard-Reserve Web portal at https://www.dmdc.osd.mil/Guard-ReservePortal.

Eligible National Guard and Reserve members who separate from active duty on or after April 27 must enter into a service agreement with their reserve component by their last day of active duty service.

A TRS handbook, a list of Reserve component points of contact and other TRS educational materials are available on the TRI-CARE Web site at www.tricare.osd. mil/reserve/reserveselect.

(Source: TRICARE News Release)

DoD's patient management system continues expansion

The new Department of Defense's electronic health records system is now operational in 46 military medical facilities in the United States and Europe. More than 80 percent of the records have been transferred into the new system.

By 2006, all Army, Navy and Air Force medical professionals worldwide will use the system to manage patients' health care and information throughout all DoD medical facilities.

Upon full deployment, nearly 60,000 military health care providers within the United States and 11 other countries will use the EHR system to gain immediate access to patients' medical history through a secured, central depository.

"Imagine, no lost records, no illegible records, no expensive or painful diagnostic tests being rerun because the data is unavailable — only comprehensive clinical information available to support well grounded clinical decision-making; that is our new reality," said TRICARE Management Activity's Col. Vic Eilenfield, program manager for the project.

Several of DoD's largest medical facilities will soon launch training programs to familiarize their medical staffs with the systems' capabilities. These include: Walter Reed Army Medical Center, Washington, D.C.; National Naval Medical Center, Bethesda, Md.; and Wilford

Hall Medical Center, Lackland Air Force Base, San Antonio.

Lt. Col. Ron Moody, project officer for the Army's deployment of the system, said providers can see and document their patient's care more efficiently. Recently, health care providers in 18 Army hospitals documented more than 100,000 health care visits in one week.

"The number of patient encounters performed each week using the new system is incredible," he said. "Now, just four weeks later, the total is more than 114,000 encounters per week and growing."

Air Force Col. June Carraher, a family practice physician at the medical facility at Langley Air Force Base, Va., uses the system to manage the care of her patients and reports they are more than pleased with the results.

"My patients, who have had laboratory tests, X-rays, or consults at the other hospitals in the region, like Naval Medical Center Portsmouth (Va.) or McDonald Army Community Hospital at Fort Eustis (Va.), are thrilled that I can immediately find their results," said Carraher, who is also the director of the new system's implementation and training program at Langley AFB. "As a result, the medical technicians working with me are spending more time helping with care delivery and much less time making calls trying to get results from other hospitals and clinics."

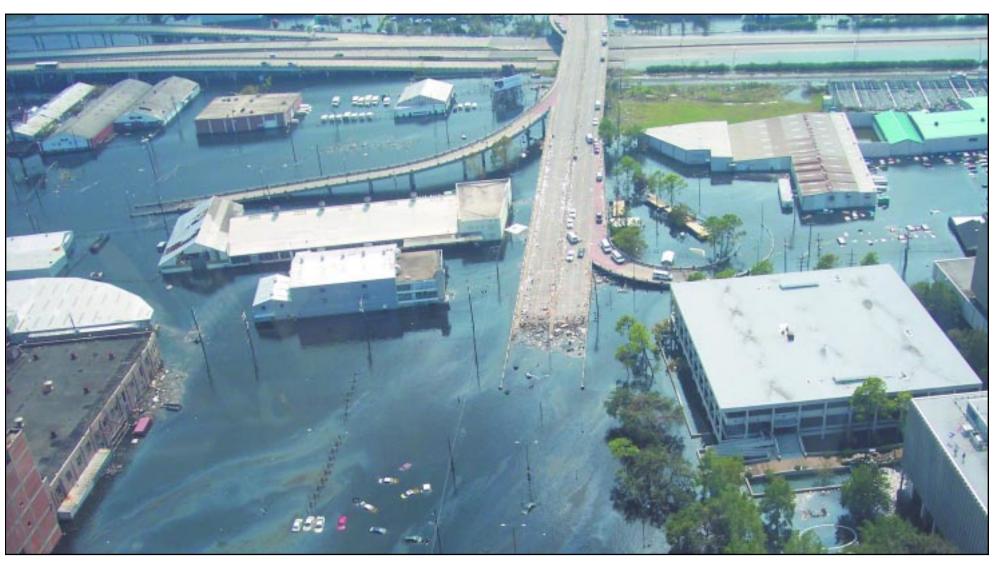


Photo by Maj. David C. Beachman

A flyover of New Orleans shows a city underwater.

Fifth Army

Continued from Page 1

A second contingent, led by Col. John A. Simpson, deployed to Baton Rouge, La., to assist the defense coordinating officer. A third contingent left Friday to resupply the teams in Baton Rouge and provide much-needed vehicles to get around the devastated areas.

"Anytime you get to help people in a situation as tragic as this, any little thing you can do to help gives me a lot of joy. What the people of New Orleans are going through is unimaginable," said Maj. Renaldo Parker, a medical operations officer for Fifth Army, serving as a staff medical adviser in Baton Rouge.

As the situation developed, Fifth Army Soldiers and civilian employees worked to move mili-

Katrina.

tary assets into the region and evacuees out. With the vast majority of the people out of the greater-New Orleans area, attention turned to the surrounding states providing humanitarian assistance to those displaced in a multi-state area, predominately in Texas. The Fifth Army established defense coordinating elements in Texas, New Mexico, Oklahoma and Arkansas to assist in dealing with the evacuee issues.

Command Sgt. Major George Nieves, the top NCO in Fifth Army, was among senior Fifth Army leaders who went to the region Aug. 29. "There is no lack of effort or desire from our Soldiers who have taken on a tough mission. Everyone can feel proud of what they are doing to assist those who were affected," Nieves said. "There is still plenty

of work and coordination that needs to be accomplished, and you can be assured our Soldiers are right in the middle performing outstandingly."

Fifth U.S. Army is just a fraction of support of the entire military community which has assisted by land, air and sea. Active duty, National Guardsmen and reservists from all branches of the military have flown rescue and resupply missions, rendered medical aid, secured areas and provided bases to house evacuees. Nearly 14,000 active duty members and 38,200 Army and Air National Guard members are supporting the efforts.

(Maj. Sheila Campbell and Margaret Broadbent, from the Fifth Army Public Affairs Office, also contributed to this story.)



Photo by Lt. Col. John Olivar

Fifth Army Commanding General, Lt. Gen. Robert T. Clark (center right) meets with those in Baton Rouge coordinating support to the Louisiana region.

Troops support relief effort



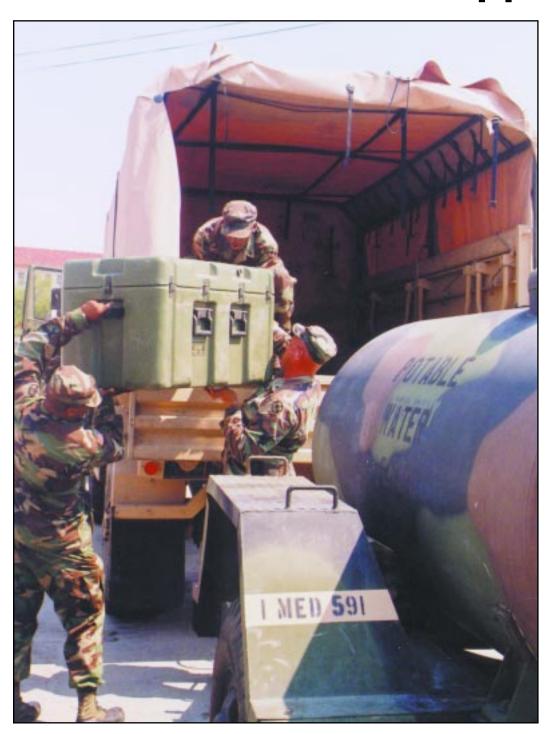
Photo by Master Sgt. James Bowman Sgt. Donald McVay, 900th Maintenance Company, Alabama Army National Guard, loads meals ready to eat for victims of Hurricane



Photo by Sgt. Michael J. Carden

Paratroopers from 2nd Battalion, 505th Parachute Infantry Regiment, 82nd Airborne Division, tramp through knee-deep water during a presence patrol Sunday in the French Quarters district of New Orleans to provide stability to the area and its residents.

591st moves out to support Katrina operations



Loading supplies and equipment requires a team effort. The 418th Medical Logistics Company and the 440th Blood Support Detachment, sister units to the 591st Medical Logistics Company, pitched in over the weekend to help the 591st prepare for its deployment Monday.

Story and photos by Phil Reidinger Fort Sam Houston Public Affairs

The Labor Day weekend was a busy one for 50 members of the 591st Medical Logistics Company from Fort Sam Houston as they prepared for deployment to New Orleans Monday to support Joint Task Force Katrina missions.

The company, commanded by Capt. Degratious Jenkins, received an alert notice Friday to prepare for deployment on Labor Day.

"The 591st will provide direct support medical logistics, supply management and equipment repair to Defense Department units and personnel conducting JTF Katrina operations," said Lt. Col. William Grimes, the 61st Multifunctional Medical Battalion commander from Fort Hood, Texas.

Grimes said the 591st MEDLOG Company will operate under the direction of Logistics Task Force Lone Star, led by Brig. Gen. Michael J. Terry, 13th Corps Support Command.

Since a detachment of the company is deployed in support of medical operations in Afghanistan, Soldiers from its sister units — the 418th MEDLOG Company and the 440th Blood Support Detachment — pitched in at the unit's motor pool and helped the 591st MEDLOG Company prepare for the hurricane relief support mission.

The 440th BSD also is scheduled to deploy soon in support of JTF Katrina. The unit will be augmented by 22 personnel assigned to medical units from multiple locations throughout the United States prior to joining the 591st MEDLOG Company at their operations area near New Orleans.



Command Sgt. Maj. Jairo Gallego, 61st Multifunctional Medical Battalion (provisional) from Fort Hood, Texas, conducts a safety inspection of the convoy line prior to the departure of the 591st Medical Logistics Company from Fort Sam Houston to New Orleans for Joint Task Force Katrina support.



Family members gathered with 591st Medical Logistics Company Soldiers for lunch and a unit farewell prior to their departure for Joint Task Force Katrina support operations. The unit left Fort Sam Houston Monday to provide medical logistics support to Defense Department personnel involved in JTF Katrina operations in New Orleans.

Post pitches in

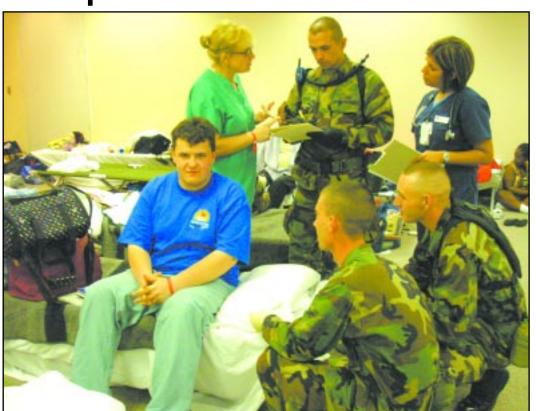


Photo by Spc. Kasey Miller

Pfc. James Henson, D Company, 232nd Medical Battalion, relays patient information to local area nurses, who worked side-by-side with Soldier medics providing follow-up medical care for hurricane evacuees. He was one of more than 100 Soldier medics who volunteered at KellyUSA over Labor Day weekend. Other Fort Sam Houston organizations also pitched in to help with relief efforts, including 50 Soldiers from the Army Medical Department NCO Academy and 18 Soldiers representing the Better Opportunities for Single Soldiers.

ELEMENTARY SCHOOL NEWS

Elementary meets requirements of new diabetes law

By Dr. Kathy Maxwell Fort Sam Houston Elementary School

For students who have diabetes and seek care at school, House Bill 984 requires students' parents and physician to develop a diabetes management and treatment plan.

Upon receiving the student's diabetes management and treatment plan, the school principal, the school nurse, one of the student's teachers and the student's parents must develop an individualized health plan for the student with diabetes, if that student needs care while at school or while participating in a school activity.

"We have had one newly diagnosed insulin dependent student each year for the past three years," said Robin Harvel, Fort Sam Houston Elementary registered nurse. "Our focus is to

ensure that the needs of these children with diabetes are met, as included in the management and treatment plans."

Additionally, HB 984 requires training for unlicensed diabetes care assistants to be provided by a health care professional. Lupe Rupert, registered nurse from the Christus Santa Rosa Endocrinology Unit, provided the training and information session to the faculty and staff of Fort Sam Houston Elementary. They were given a presentation delineating the observable characteristics and symptoms for low blood sugar/glucose and high blood sugar/glucose, as well as appropriate diet suggestions, exercise requirements, essential steps for care and maintenance suggestions. Special attention was given to recognizing mild symptoms, moderate symptoms and critical issues.

HIGH SCHOOL NEWS

Cole cheerleaders excel at camp

By retired Lt. Col. Robert Hoffmann Robert G. Cole Jr./Sr. High School

The Robert G. Cole Jr./Sr. High School Varsity Cheerleading Squad experienced a productive and successful summer.

While attending the four-day Universal Cheerleaders Association camp at Texas State University, San Marcos, the girls earned numerous awards for their efforts.

Attending the camp were more than 50 schools from throughout Texas and neighboring states, making the competitions fierce and spirited.

Among the awards the Cole cheerleading squad earned were superior ribbons for "Home Pom" routine and daily evaluations, spirit sticks each night for maintaining spirit throughout the day and an endof-camp superior team trophy for being an outstanding squad.

Senior Jaimie Siegle was selected to the All-



Photo by Gloria Davila

Cole cheerleaders proudly display their awards the last day of Universal Cheerleaders Association camp. The cheerleaders are (from left) Nicole Gonzales, Brittney Fryson, Jaimie Seigle, Kaleigh Oswald, Kristen Bryant, Leah Morris, Amanda Bray, Meghan Rinehart, Lisa Nieves, Katie Stonecipher and Amber Bocanegra.

Star Cheerleading Team for UCA.

The cheerleaders not only fared well in the competitions, but also learned about sportsmanship, team spirit and camaraderie during the camp.

The cheerleader sponsor is Kristen King.

Cole volleyball girls' team opens 2005-2006 season

The Cole varsity volleyball team finished in second place at the LaPryor varsity volleyball tournament Aug. 25 and 27 in LaPryor, Texas. Cole beat Leakey in round one with scores of 25-13 and 25-23. Outstanding performers for the game were Beatrice Langford with six blocks, 20 digs, 11 aces and 18 kills; and Nicole Ham with 12 assists.

Cole beat LaPryor in the semi-finals 26-24, 25-23, 12-25 and 25-13. Outstanding performers were Beatrice Langford with 10 assists and 12 kills; Michelle McClendon with five aces; Nicole Ham with 10 assists; Alisha Saddler with five aces and two and a half blocks; and Katherine Teeter with 12 digs.

Cole lost to San Antonio Lutheran in the finals with scores of 15-25, 19-25 and 10-25. Outstanding performers were Nicole Ham with nine assists and four aces; Alisha Saddler with four and a half blocks; Katherine Teeter with seven digs; and Beatrice Langford with seven kills.

The team lost to Kenedy recently with scores of 17-25, 22-25 and 19-25. Outstanding scorers were Alisha Saddler with five kills; Michelle McClendon with a .333 percent hit ratio and five blocks; Lindsey Saddler with a .500 percent hit ratio; Katherine Teeter with five digs; and Beatrice Langford with five aces and five digs. Joella Allen is the 2005-2006 coach.

Fort Sam Houston Independent School District Weekly Campus Activities – Monday to Sept. 17

Fort Sam Houston Elementary School

Wednesday

Early dismissal -Kindergarten through fourth grade, 2 p.m. Early dismissal - fifth and sixth grade, 2:30 p.m. Sept. 16

Spirit Day

Robert G. Cole Jr./Sr. High School

Fall play open auditions in Room 500, 3:45 to 5 p.m. Tuesday

Seventh grade Iowa Test of Basic Skills in cafeteria, 8 a.m. Volleyball vs. SA Stacey/D'Hanis at SA Stacey, TBA Fall play open auditions in Room 500, 3:45 to 5:30 p.m.

Wednesday Seventh grade Cognitive Abilities Test in cafeteria, 8 a.m.

Sept. 15

Junior varsity football at Natalia, 7 p.m.

Sept. 16 Varsity football vs. Natalia at Cole, 7:30 p.m.

Sept. 17

Fall play weekend rehearsals in Room 500, 1 to 3 p.m.

Seguin High School Cross Country Invitational at Texas Lutheran University, TBA Volleyball at Stockdale, 10 a.m., 11 a.m. and noon

RELIGIOUS HAPPENINGS . . .

All-Protestant service

There will be an all-Protestant outdoor service Sept. 18 at 8 a.m. at the Main Post Chapel, with a meal to follow. The service will include worship leaders and choirs from throughout the installation. All Protestant services are cancelled for that day except for those at the Army Medical Department Regimental Chapel and Brooke Army Medical Center Chapel.

Catholic Women of the Chapel

The Catholic Women of the Chapel will host its first gathering Sept. 9 at Dodd Field Chapel. Rosary begins at 8:30 a.m. followed by Mass at 9 a.m. and a program. The gathering includes a potluck brunch. Outreach donations for this gathering will be school supplies. On-site childcare will be available with a copy of the child's shot records. For more information, call Maria Gonzalez at 223-7475.

PWOC Bible studies

Evening Bible study

Protestant Women of the Chapel will launch an evening Bible study Sept. 15 from 6:30 to 7:30 p.m. at Dodd Field Chapel. The evening session will study "The Five Love Languages" by Gary Chapman. For more information, call Tracey Toner at 566-1099 or e-mail traceytoner@sbcglobal.net.

Daytime Bible study

The daytime Protestant Women of the Chapel group will meet every Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel. The studies for the fall semester include "Thirty Days to Understanding the Bible" by Max Anders, "The Five Love Languages of Children" by Gary Chapman, "Falling in Love with Jesus" by Dee Brestin and Kathy Troccoli, "Bible Book Study—John" by Kristi Robinson, "That the World May Know" by Ray Vanderlaan and Focus on the Family. For more information, call Lois Griffith at 226-1295. Free childcare will be provided at both PWOC studies, and all women from the Fort Sam Houston community are invited to attend. For more information, visit www.samhouston.army.mil/chaplain/womensministry.

OCF Bible study

For the month of September, the Officers' Christian Fellowship will meet for dinner and study on the first and third Sundays of the month from 4:30 to 7 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). The study will focus on The Minor Prophets. For more information, call Lt. Col Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

Interfaith Calendar . . .

Today - Birth of the Blessed Virgin Mary - Christian celebration of the birth of the Virgin Mary **Sunday - New Year** - Coptic Christian

Wednesday - Holy Cross Day - A Christian day of recognition for the cross on which Jesus was

crucified as a central symbol of the

Christian religion.

Sunday - New Year Coptic Christian

Wadnesday - Holy

Wednesday - Holy Cross Day - A Christian day of

recognition for the cross on which Jesus was crucified as a central symbol of the Christian religion.

Sept. 17 - Feast of Mithra – A

Zoroastrian festival with focus on Mithra as the angel of light. From ancient times in Iran, it is a time of gratitude for life and light.

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NORTHWEST VISTA COLLEGE

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POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - weekdays

Protestant Services - Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660 Fridays: 8 p.m. - Worship and 8:30

Dodd Field Chapel, Building 1721,

221-5010 or 221-5432 **Catholic Services** - Sundays:

12:30 p.m. - Mass

p.m. - Oneg Shabbat

Protestant Services:

10:30 a.m. - Collective Gospel

Protestant - Sundays 9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child

care is provided.

Brooke Army Medical Center

Chapel, Building 3600, 916-1105 **Catholic Services:** 8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays 11 a.m. - Mass - weekdays

Protestant Services

10 a.m. - Worship Service - Sundays Noon - Worship - Wednesdays

AMEDD Regimental Chapel,

Building 1398, 221-4362

Troop Catholic Mass: Sundays: 10 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Gospel Services: Sundays: 11 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service:

Sundays: 9 a.m. - 32nd Med. Bde.

Soldiers

Samoan Protestant Service: Sundays: 12:30 p.m.

FSH Mosque, Building 607A, 221-

5005 or 221-5007 10:30 a m - Children's Relia

10:30 a.m. - Children's Religious

Education - Sundays 1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious

Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30 a.m. - Sundays

Web site:

www.samhouston.army.mil/chaplain

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MWR

Recreation and Fitness

Free Tickets for Valero Texas Open

Free admission tickets to the Valero Texas Open are available at various Morale, Welfare and Recreation facilities such as the Bowling Center, Sam Houston Club, Army Community Service and Youth Services. The golf tournament is scheduled for Sept. 19 to 25 at La Cantera and is part of the Professional Golf Association tour. For more information, call 221-2307 or 221-9904.

Valero Texas Open seeks volunteers

Volunteer are needed for the 2005 Valero Texas Open at La Cantera Sept. 19 to 25. Register online at www.golfsanantonio.org or call 345-3818. Volunteers of the golf tournament receive a week-long pass for a guest, complimentary food and beverages, invitations to the volunteer appreciation party and a volunteer parking pass. For more information, call 221-2307 or 221-9904.

Fort Sam Houston Fall Fest

Get ready for the Fort Sam Houston Fall Fest Oct. 15 from 10 a.m. to 8 p.m. at the MacArthur Parade Field. Events include a chili cook-off (military units welcome), arts and crafts fair, parade, carnival games, ponyrides, live entertainment, car show and food and beverage booths. For more information, call 221-2926. For those interested in being an arts and crafts vendor, call 221-5224 for details while space is still available.

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Camp Bullis catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

Free morning aerobics

The Jimmy Brought Fitness Center offers free morning aerobics classes Monday and Wednesday from 6 to 6:45 a.m. in the aerobics room.

Water aerobics

The Jimmy Brought Fitness Center pool features water aerobics every Monday, Wednesday and Friday from 8:45 to 10:30 a.m. and from 5 to 6 p.m. The cost is \$2 per class or \$24 for a 16-class pass and free to pregnant women and new mothers. For more information, call 221-2020.

Senior fitness

The Jimmy Brought Fitness Center aerobics program includes a senior fitness class every Tuesday and Thursday. Participants will learn stretching and some low impact weight-bearing exercises. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Salsa and merengue classes

Join the Latin dance craze by learning these popular dances for fun and exercise. Classes are Monday and Thursday from 6:30 to 7:30 p.m. at the Jimmy Brought Fitness Center aerobics room. The cost is \$2 per class or \$24 for a 16-class pass. For more information, call 221-2020.

Free cycling classes

The Jimmy Brought Fitness Center offers free cycling classes every Tuesday and Thursday at noon and every Wednesday at 4:45 p.m.

Yoga, pilates teacher needed

The Jimmy Brought Fitness Center is looking for an instructor for a beginning yoga and pilates class. Certification is required for this contract position. For more information, call 221-2020.

AC service

Beat the heat with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the Morale, Welfare and Recreation Web site at www.fortsamhoustonmwr.com for a \$5 off coupon. For more information, call 221-3962.

MWR car wash

Stop by the Fort Sam Houston Morale, Welfare and Recreation Auto Craft Shop in Building 2410, on the corner of Funston and Schofield Roads, to use one of the two car wash bays. The center also features an automobile vacuum. The hours of operation are Wednesday through Friday from 1 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5 p.m. For more information, call 221-3962.

Dining and Entertainment

Sam Houston Club, 224-2721 Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for non-members.

Bowling Center, 221-3683

Join fall bowling league

New leagues are forming now at the Fort Sam Houston Bowling Center. Leagues include men's, mixed, senior ladies' majors, youth and officers' wives. For more information, call the Bowling Center at 221-4740.

Unlimited bowling

There will be unlimited bowling every Friday from 5 to 10 p.m. for \$5.95.

Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Cyber bowl

Cyber bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Golf Club, 221-4388

Pro Shop sale

The sale lasts through Sept. 30 and includes shoes, Wilson irons, woods and putters. **Golf lessons**

Private customized and personalized instruction are offered at the golf course.

Harlequin Dinner Theatre

The Harlequin Dinner Theatre is now featuring the Neil Simon comedy: "I Ought To Be In Pictures" Wednesday through Saturday evenings through Sept. 24. The play centers on Herb, a once-successful Hollywood scriptwriter, who is having a dry spell and his confidence is shaken. Discounts are available for military. The house opens for salad bar and cocktails at 6:15 p.m. The buffet is open from 6:30 to 7:30 p.m., and the show begins at 8 p.m. To make reservations, call the box office at 222-9694.

MWR Ticket Office

The ticket office has discount tickets available for various events. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

MWR CHILD AND YOUTH SERVICES



Youth Happenings

Before- and after-school programs

Patrons in need of before- and after-school care for kindergarten through fifth graders can register for the School Age Services Program. For more information, call Central Registration at 221-4871 or 221-1723.

Free after-school program

Youth Services offers a free after-school program for sixth to ninth graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services for an \$18 annual fee, but there is no cost for the program. For more information, call 221-3502 or 221-4871.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. Parents and teens can also volunteer to help in the concession stands Saturdays during football season. For more information, call the Youth Center at 221-3502.

Football registration

Football registration is ongoing at the Youth Center for

youth ages 7 to 12. Registration is Monday to Friday from 10 a.m. to 8 p.m. The cost is \$65 for the first child and \$60 for the second child. Youth must be registered with Child and Youth Services. A birth certificate and proof of physical are required to play. For more information, call 221-3502 or 221-5513.

Cheer registration

Cheer registration for the football season is ongoing at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. for youth ages 5 to 12. The cost for cheerleading is \$50 for the first child and \$45 for the second. Youth must be registered with Child and Youth Services. A birth certificate and proof of a physical are required to cheer. Space is limited. For more information, call 221-3502 or 221-5513.

Cooking classes

The Youth Center offers cooking classes every Friday from 5 to 6 p.m. For more information, call 221-3502.

Saturday open recreation

The Youth Center sponsors open recreation Saturdays for first through 12th graders: first to fifth graders meet from 3 to 8 p.m., sixth to eighth graders meet from 3 to 10 p.m. and ninth to 12th graders meet 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. Youth must be registered with Child and Youth Services to attend. For more information, call 221-3502.

IMPACT recreation

The IMPACT Recreation Group will sponsor a basketball recreation program Saturdays from 11 a.m. to noon at School Age Services, Building 1705, for families with special needs youth registered with Child and Youth Services. Parents with special needs youth must stay and participate. For more information, call Robin at 497-6310.

Parent News

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be Sept. 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

ArmyFCC.com

Fort Sam Houston Family Child Care Program is now on ArmyFCC.com, a Web-based information and referral tool for parents interested in FCC. The Web site includes both a public and a private section describing each installation's program and more information on providers. Soldiers and qualified civilians must be registered through Child and Youth Services to benefit from any CYS programs to include FCC. For more information, call Central Registration at 221-4871 or 221-1723.

PCI enrollment opportunity

The Parent Child Incorporated Child Development Center is currently taking applications for enrollment. This is a free child care program. Eligibility is based on federal guidelines. For more information, call 221-3788.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can contact Central Registration to register at 221-4871 or 221-1723. This program will run from 9 a.m. to 2 p.m. Monday through Friday. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and afterschool care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a nocost start-up plan. For more information, call 221-3820 or 221-3828.



Happenings

Free concert

The Texas State University will offer a free concert called "We will not forget!" Friday. The event is a musical tribute to the brave men and women who have made sacrifices for their country. For more information, call Shawn O'Brien at 488-2792.

Computer sale

FSM Leasing will offer an opportunity to purchase leased IBM Pentium IV computers Friday and Saturday from 10 a.m. to 3 p.m. for only \$199 plus tax. The sale location is the Brooke Army Medical Center warehouse, Building 4194. Not-for-profit organizations can purchase tax-free. The system comes with a 17-inch black IBM monitor, a keyboard and a mouse. It is DSL Internet ready. For more information, call 416-7744 or 916-2722.

Audie Murphy induction ceremony

There will be a Sgt. Audie Murphy induction ceremony honoring Sfc. Martine Brown, E Company, 187th Medical Battalion, Sept. 30 at 4 p.m. The guest speaker will be Command Sgt. Maj. David A. Eddy, command sergeant major U.S. Army Medical Command. For more information, call Sgt. 1st Class Wafford at 221-9314 or e-mail Dwight.wafford@amedd.army.mil.

Bridal gown giveaway

Stardust Celebrations, a Texas bridal salon, will salute the military with a special Patriot's Day wedding gown giveaway Sunday from 12 to 4 p.m. at LuLu's Bridal Boutique, 2728 Routh Street, in Dallas. Complimentary wedding gowns will be given to the first 80 brides who have served in Iraq, Afghanistan or South Korea since Sept. 11, 2001, or to brides whose fiancés are currently in active duty in Iraq, Afghanistan or South Korea. The gowns will be given away on a "first-come, first-served" basis to couples who are planning to wed prior to October 2006. For more information, call Kristi Bare at 214-515-9916.

NAF horse auction

Non appropriated funds will accept sealed bids on six horses at the post Equestrian Center ranging in age from 9 to 20 years old. The purchaser will be responsible for removing the horses from the Equestrian Center premises. The horses may be viewed by appointment. Sealed bids will be accepted until Sept. 16, and bids will be opened Sept. 19 at 8 a.m. For more information on horses, call 224-7207. For more information on the event, call Cynthia Tripoli or Joe Cavanagh at 221-3185.

NDTA annual golf tournament

The San Antonio Chapter of the National Defense Transportation Association will sponsor its annual scholarship golf tournament Sept. 30. Prizes include \$10,000 for a hole-in-one. For more information, visit http://home.att.net/~alamondta/golf_flyer2005.htm.

Golf association seeks new members

The Fort Sam Houston Women's Golf Association is looking for new members. All eligible women golfers are invited to join. The association, which plays on Tuesday mornings, offers both a 9-hole group and an 18-hole group. For more information on the first group, call Barbara Rhea at 490-2727, and for the second group, call Nita Whiting at 653-0418.

AFTB marathon week

Army Family Team Building will offer levels 1, 2, and 3 courses Oct 3 to 7 from 8:30 a.m. to 5 p.m. at the Roadrunner Community Center. Participants may register for all three levels and complete the AFTB training or select specific topics dur-

ing the week. For more information and to register, call 221-0275 or 221-2418.

Single Parent Support Series

Army Community Service Family Advocacy Program presents the Single Parent Support Series. The series discusses topics including healthy perceptions of family, parenting skills unique to the single parenting lifestyle, factors influencing single parenting, custody and child support issues, and the impact of separation on children and resources available for single parents and their children. Classes start Friday, and continue every Friday for six weeks from 11 a.m. to 12:30 p.m. at the Red Cross, Building 2650, on Patch Road. For more information, call 221-0349 or 221-2418 or visit www.fortsamhoustonmwr.com. This class is open to all military ID cardholders and Department of Defense civilians.

Heart of Texas guest night

Men of all ages who like to sing are invited to the Heart of Texas guest night Sept. 15 at 7 p.m. at the Texas State University Music Department, Sessom and North L.B.J., Room 222. The event is free. Visit www.hotchorus.org or www.youcansingtoo.com or call Shawn O'Brien at 488-2792.

Prostate Cancer Awareness Day

The Brooke Army Medical Center Urology Clinic will observe Prostate Cancer Awareness Day Sept. 23 from 7:30 to 11 a.m. The event is open to active duty and retired military over age 40. No appointment is necessary. For more information, call Maria Patterson at 916-3419.

Rainbow Kids stay busy

The Rainbow Kids touring and performing arts group is dedicated to presenting professional quality, family style entertainment in a variety of ways. The Rainbow Kids will perform Saturday at 2 p.m. at the USAA Towers. The Rainbow Kids are sponsored by the Fort Sam Houston Youth Activities under the direction of Ron Joy. For more information, call 348-8014 or 295-2093.

Glenn Miller Orchestra

The Veterans of Foreign Wars of the United States and the Knights of Columbus will sponsor the world-famous Glenn Miller Orchestra, to perform in San Antonio to honor war heroes and veterans, past and present. The performance will be at La Villita Assembly Hall Sept. 19. Tickets are \$40. For more information, call 681-4688, 735-5003 or 684-9555.

Benefit concert

Jazz guitarist John Scofield will perform the music of Ray Charles in a Trinity University KRTU-FM benefit concert Oct. 8 at 8 p.m. in the Laurie Auditorium. Tickets are \$10, \$20 and \$30 and are available at all Ticketmaster locations. For more information, call KRTU-FM at 999-8917.

VFW chili cookoff

Veterans of Foreign Wars Post 8456 will sponsor a Chili Appreciation Society International-sanctioned chili cookoff to raise funds for cancer research and other local charities Sept. 17 at 6808 State Highway 123 in Geronimo (between Seguin and San Marcos). For more information, call Bill Owen at (830) 303-9903 or Chris Savage at (830) 660-9809.

Castroville walk

The Trinity Trekkers Volksmarch club will sponsor a 10-kilometer (6.2 miles) and 5-kilometer walk in historic Castroville, Texas, Saturday. The start point is at the Castroville Regional Park. For more information, call David Toth at 521-8684 or e-mail dnt@stic.net.

Volunteer

Free Apple iPOD for spouses

Army spouses who are selected to participate in a special pilot program using comprehensive, interactive Web-based tools for career management may win a free iPOD. Those who complete four key assessments and a quick five-minute survey will be entered in the drawing. For more information, call 221-0427 or 221-0516.

Resuscitation research at BAMC

Brooke Army Medical Center registered nurses may be eligible to participate in resuscitation research. Course dates are Friday, Monday, Sept. 16, 20 and 22. For eligibility criteria and more information, call Karen Pierce at 916-5882 or Dana Obuch at 916-3842.

Pediatric dental screenings

The Pediatric Dental Department at Lackland Air Force Base will provide drop-in dental screenings for children under 13 Wednesday and Sept. 21 from 8 to 11 a.m. in the Skylark Community Center, Building 6576. This service is for eligible military medical beneficiaries. No appointment is necessary. Children will receive a dental screening exam, an opinion about their dental condition and appropriate treatment recommendations or alternatives. Parents should bring a copy of their child's treatment plan or referral letter from their private dentist. For more information, call Col. Jeff Mabry at 292-3327 or Staff Sgt. Shannon Lilley at 292-4072.

Professional Development

Army Reserve opportunities

The U.S. Army Reserve is actively recruiting. For more information, call (800) USA-ARMY or visit www.goarmyreserve.com.

FRG leadership training

All commanders, first sergeants and family readiness group leaders are invited to attend the next FRG leadership training Sept. 16 from 8 a.m. to 4 p.m. New FRGs will receive the "purple box" multicomponent family support kit. To make reservations, call 221-0946.

GPS class

Outdoorsman Phil Starr will teach a two-hour class on using global positioning systems Oct. 1 at Eisenhower Park. He will show how it can be used for navigation in the city and country and how to mark a favorite spot, such as one for fishing. Students should bring a GPS unit if they have one or plan to borrow from the teacher. The cost is \$20. For more information or to register, call North East Community Education at 657-8866 or visit www.neisd.net http://www.neisd.net/.

Free workshops

St. Philip's College will offer students and the community a series of free miniworkshops this fall covering a broad range of self-improvement tips and focusing mainly on developing effective study skill. Although classes are free, donations of canned goods for the college Equity Center are accepted. All workshops will be presented on the main campus of St. Philip's College, 1801 Martin Luther King Drive, in the Norris Technical Building, Room 117, Mondays, Tuesdays or Thursdays. For more information, call 531-3544.

ESL classes

Army Community Services will offer English as a second language classes every Tuesday and Thursday from 6 to 8:30 p.m. at the Roadrunner Community Center, Building 2797. These classes are geared for foreign-born spouses to increase reading comprehension, vocabulary and pronunciation and are appropriate for beginning, intermediate, and advanced students with individualized group instruction. For more information, call 221-2418 or show up at 6 p.m. any Tuesday or Thursday.

Resume and interview workshops

Family employment readiness program will offer a resume writing workshop Friday from 9 a.m. to 12 p.m. and a job fair preparation workshop Sept. 19 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. Reservations are requested. A valid military family member ID card is required. For more information, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

Hiring Heroes Career Fair

The Department of Defense Applicant Assistance Office and Brooke Army Medical Center in conjunction with Monster.com will sponsor a job fair for severely injured veterans of Operations Enduring Freedom and Iraqi Freedom and their spouses Sept. 20 from 9 a.m. to 3 p.m. at the Roadrunner Community Center, Building 2797. The event is open to veterans of all services. For more information, call (888) 363-4872, TTY (703) 696-5436, or visit www.goDefense.com.

Job search assistance

Employment Readiness Program offers job search assistance to family members. Services include job search, resume writing, interview preparation, skills testing and much more. A valid military family member ID card is required for all services. For more information or to make an appointment, call Jennifer Swiger at 221-0427 or Gabriele Dias at 221-0516.

San Antonio military job fair

The semiannual San Antonio military job fair is Sept. 21 from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road, located at the junction of Interstate Highway 35 and Anderson Loop 1604. There will be more than 100 employers represented. To view a list of participating employers, visit the Army Career and Alumni Program Web site at http://acap.army.mil/acap_centers/Centers/CenterDetail view.cfm. For more information, call the ACAP Center at 221-1213.

Meetings

Hearts-A-Part meeting

Hearts-A-Part will meet Saturday from 10:30 am. to 12:30 p.m. at the Roadrunner Community Center. Family members of deployed Soldiers who do not have a local Family Readiness Group are invited to attend. Activities to help reduce stress will be the theme for the meeting. Reunion materials will also be available. For more information, call Sue York at 221-0275.

Junior Girl Scout parent meeting

There will be an information meeting for parents of Junior Girl Scouts Monday at 6 p.m. in the cafeteria of Fort Sam Houston Elementary School. This meeting is for those who have already registered their daughters or those interested in joining Junior Girl Scouts. For more information, call Sara Garza at 271-0358 or Mimi Johannik at 226-6100.

Caribbean American Association

The San Antonio Caribbean American Association seeks new members. There is a gathering on the last Saturday of each month. For more information, call Master Sgt. Pauline Perry at 221-6913.

FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: Motor for pool pump, 1 HP, good condition, \$50 obo. Call Victor Ortiz at 697-9261.

For Sale: Riding mower, 46-inch cut, 16 hp twin cylinder, hydrostatic drive, runs and mows very well, \$400; set of Boyd Coddington "Gotcha II" wheels with new Goodyear Tracker tires 255/70/16, fits six-lug, full size Chevy truck or SUV, \$500; set of Corvette thin spoke wheels off a 2000 model, excellent condition, includes two used 17-inch

tires, \$450. Call Doug at 884-8336.

For Sale: 1965 four-door Pontiac Tempest, runs great, \$4,500 obo. Call 240-9693.

For Sale: Sofa and loveseat, \$150 each; washer and dryer, \$150 each; two-piece corner desk, \$50; rugs (5x7 and 2x3), \$25 each. Call Gina at 887-6962.

For Sale: 1998 Mercedes-Benz ML 320, 88,500 miles and in mint condition,

Bose system, multi CD changer, sun roof, single owner, \$15,000, negotiable. Call 325-3433.

For Sale: Lane wallsaver recliner/arm-chair, dark green velour, \$200; Kenmore 655 dishwasher, excellent condition, \$250; Kenmore heavy duty dryer, good condition, \$60; Kenmore heavy duty washing machine, good condition, \$80; large S950 Panasonic microwave oven, excellent condition, \$90. Prices are negotiable. Call Brigitte at 347-7066.

For Sale: Dining room hutch, dark cherry, base unit with drawers and glass doors, enclosed top, \$350; Bentwood rocking chair, \$25; coffee table, \$10; loveseat and small couch, \$25; microwave with rolling stand, \$45. Call 495-2296 or 286-2349.

For Sale: 2002 Chrysler Voyager, V6, power windows and locks, a/c with lifetime warranty, AM/FM radio with CD player, 35K miles, anti-theft alarm, one owner, excellent condition, \$12,500 obo. Call 381-5722 or 381-8870.